

BE PREPARED: BUILD YOUR RESILIENCE TO WEATHER AND NATURAL HAZARDS EXTREME



<https://capemeares.org/emergency-preparedness/>



KEY MESSAGE #1: Personal preparedness is critical whether you are a resident or visitor. When preparing for a major disaster, remember three things: (1) first responders will NOT arrive quickly, (2) local organizations or neighbors can only offer limited help, and (3) assume we will be on our own for extended periods, possible three to six months.

- **Plan for different types of emergencies**, from the small (e.g., floods, power outages) to the large (e.g., wildfire, major winter storms, earthquakes/tsunamis). Here are some good starting points: (1) <https://capemeares.org/making-a-plan/>) and (2) OEM Pocket Planner (https://www.oregon.gov/oem/Documents/15023_OEM_Pocket%20Planner_2018-web.pdf).
- **Consider buying a GMRS radio so you can talk with others in Cape Meares during an emergency (GMRS 20, Repeater 20)**. Here is a radio recommended by the Cape Meares Emergency Volunteer Corps (CMEVC):
 - “BTECH GMRS-V2 5W 200 Fully Customizable Channels GMRS Two-way radio” (Style GMRS-V2) (~\$45) and (2) optional but strongly recommended (better reach) - “Authentic Genuine Nagoya NA-771G 15.3 Inch Whip GMRS (462MHz) Antenna SMA-Female for BTECH and BaFeng Radios” (about \$20, Amazon.com).
 - Get your GMRS license (\$35 FCC Fee, lasts for 10 years, no test). Here is a helpful guide: <https://www.radioranked.com/articles/how-to-get-gmrs-license>
 - Need help programming your radio? Contact Pam R. (pjrobe10@gmail.com).
- **Find your evacuation route in Cape Meares(s):**
 1. **Find your house on the map** (<https://capemeares.org/wp-content/uploads/2023/02/CapeMearesMap.pdf>)
 2. **Next, find your emergency assembly area by navigating to:** https://www.oregon.gov/dogami/tsuclearinghouse/Pages/pubs-evacbro_BTW.aspx and then scroll down the page and click on “Cape Meares”
 3. **Take a quick walk to the assembly area** so you can act quickly if needed.
- **Here is a great resource for tsunami evacuation mapping (printable):**
 - <https://nvs.nanoos.org/TsunamiEvac>

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- **Be personally prepared.**
 - **Put Go-Bags in your homes and cars (supplies for each family member for at least 72 hours).** A “go-bag” is a backpack/rolling bag with food, water, and other supplies. For more info: <https://capemeares.org/emergency-preparedness/emergency-grab-go-kit/>.
 - Remember: emergencies can happen at night. Keep flashlights and clothes near your bed/closet.
 - Don't forget medications (prescriptions) and coolers if needed. Here is a tool to help you: <https://disasterprepcalc.com/calculators/medication-stockpile-calculator>
 - Pet Preparedness: <https://www.ready.gov/pets>
- **For your home, start now and start small.** Start building your emergency pantry and supply stock NOW when you go to the store - food, supplies, sanitation, first aid, pet care, water catchment, etc.
 - Once you have 72 hours accomplished with a fully stocked go-bag, move on to seven days, then 14, 30, 60, and beyond.

KEY MESSAGE #2: Stay Informed! Number One and Two are especially Important.

1. **Tillamook County Emergency Management** (<https://www.tillamookcounty.gov/emergency-management>)
 - a. Sign up for alerts here: <https://member.everbridge.net/453003085611895/login>
 - b. **OR**, sign up here: (enter 97141 for Tillamook County): <https://oralert.gov/>
2. **Tillamook People's Utility District (TPUD) – power outages**
 - a. Sign up for alerts here: <https://www.tpud.org/outages/text-and-email-outage-alerts-nixle/>
3. **For those who own homes or property in Cape Meares, sign up for the community's private MeWe Group.** Visitors can go to <https://capemeares.org> or to the Tillamook County Emergency Management webpage for emergency preparedness information.
 - a. Get a MeWe account (desktop or mobile) <https://mewe.com/register/>
 - b. Download the MeWe app from your device's app store.
 - c. Once you have an account, search for “Cape Meares” and answer the required four questions. An administrator will admit you (or ask for additional information).